



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# FEBRUARY

Calendar of Events  
BORDER VIEW FAMILY YMCA

#### OUR MISSION

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

## DID YOU KNOW...

### WELLNESS WHEEL

We encourage our members to take advantage of our FREE Personal Training Consultations, KickStart, Teen Fit and Family Orientation programs that allow you to work with our fitness staff to create a personalized wellness plan. Once you complete an appointment, you will have an opportunity to spin our Wellness Wheel to win prizes such as **Y gear, a free personal training session, a \$25 program credit and more!**

Visit our Welcome Center or call (619) 428-9622 for more information!

**FEB 1** **YAA MEET AND GREET**  
10:00-11:00am **BORDER VIEW Y LOBBY**

Get together with other Y Active Adults to share healthy snacks over good conversation, laughter and coffee! **FREE for members**

**FEB 9** **YMCA HIKING CLUB**  
6:30am **IRON MOUNTAIN IN POWAY**

Join us for our monthly hike! This month we'll take on the Iron Mountain Trail which is a 5.2 mile loop located near Poway. This trail is rated as moderate and features beautiful wild flowers and stunning views. **FREE for members**

**FEB 11** **MEMBER APPRECIATION DAY**  
4:00-5:00pm **BORDER VIEW Y LOBBY**

"POP" in so we can say thanks for being a member! We'll be giving away free popcorn to all our members. Available while supplies last. **FREE for members**

**FEB 13** **YMCA ACTIVE ADULTS (YAA) VALENTINE'S LINE DANCE PARTY**  
10:15-11:30am **GYMNASIUM**

Get your dancing shoes on and come line dance with us! It's going to be a great time learning dance steps, listening to music, socializing and meeting new YAA members. Light snacks and refreshments will be provided. **FREE for members**

**FEB 14** **VALENTINE'S DAY GIVEAWAY**  
9:00am **BORDER VIEW Y LOBBY**

Love your heart! To celebrate Valentine's Day, we will be giving away heart shaped stress relievers. Available while supplies last.

**FEB 23** **CHEER & DANCE RECITAL**  
2:30-3:30pm **TRIUMPH AND INSPIRE ROOM**

Join us in supporting our Border View Y cheerleaders and dancers as they share the routines and dance pieces they've been working hard on! **FREE for members**

### PRESIDENT'S DAY – FREE AND OPEN TO THE COMMUNITY FEBRUARY 18

Bring your friends, family, neighbors and acquaintances to the YMCA on President's Day! We will be free and open to all with regular hours. Everyone is welcome to participate in classes, swimming, open gym and childcare. **Visit our Welcome Center for more information**

### PRESIDENT'S WEEKEND DAY CAMP BORDER VIEW FAMILY YMCA FEBRUARY 15 & 18

Our camps run over the break and support youth in making new friends, achieving goals and feeling a special sense of belonging. Camps are also full of fun and adventure! We have a variety of camp opportunities available for children depending on camp selection. Scholarships are available. **Visit YMCA.org or the Welcome Center for information**

### KICKSTART PROGRAM

Do you want to refine or enhance your workout routine? Members receive three FREE personal KickStart appointments with a Wellness Coach. Get a better understanding of how to accomplish your goals, learn how to use equipment and find an ideal fitness plan that works for you. Schedule your first appointment today at the Welcome Center. **FREE for members**

### FREQUENT Y'ER

Visit the Y 12 times in the month of February and enter to win one FREE month of membership.

### GOLDEN TICKET

Each month, the YMCA places a secret golden ticket somewhere in the facility. Find the golden ticket and bring it to the Welcome Center for a special prize!